



Snowbirds grounded by budget cuts

Moose Jaw-based aerobatic team cancels U.S. shows **PAGE 2**

'Everybody in the world has lied': Ford

Toronto mayor launches his YouTube show **PAGE 4**

WHAT TO WATCH IN SOCHI

• 8:30 a.m. Alex Gough has a chance to bring home Canada's first ever Winter Olympics medal in luge.

• 9 a.m. Figure skating's individual events begin with Canada's Meagan Duhamel and Eric Radford, seen here, featuring in the short program. The pair already took home silver as part of the team event.

GREG DOWNS/FOR METRO



GOLD RUSH CONTINUES

Top: Canada's Charles Hamelin celebrates after winning gold in men's 1,500-metre short-track speedskating in Sochi on Monday. Bottom: Canada's Alex Bilodeau kisses his girlfriend after nailing gold in the men's moguls final in Krasnaya Polyana, Russia, that day. More Olympics coverage, pages 3 & 12-14.

TOP: MORRY GASH/THE ASSOCIATED PRESS; BOTTOM: SERGEI GRITS/THE ASSOCIATED PRESS

The Sky is the limit for your **NEW CAREER**

ELECTRICAL FRAMING
GENERAL CARPENTRY
PAINTING BASIC SCAFFOLDING
COMMERCIAL ROOFING RESIDENTIAL ROOFING

REGINA
Trades & Skills
CENTRE

306-337-0533 • www.rstc.org

Province hoped to sell casinos to First Nations

Casino Regina, Casino Moose Jaw. Opposition NDP slams agreement as rushed and lacking public input

The Saskatchewan government is backing off after looking to sell Casino Regina and Casino Moose Jaw to the Saskatchewan Indian Gaming Authority.

The Opposition went public with the information on Monday after getting a government briefing on the sale last Thursday.

The New Democrats say the government wanted them to agree to legislative changes this spring for the sale to go through. But the NDP says the government wouldn't immediately provide a copy of a three-page memorandum of understanding.

"Selling Crowns is an important matter because the benefits are for everyone in the province," said NDP Leader Cam Broten.

"And to fast-track, to be pressured to urgently pass legislation in violation of the Crown ownership act, that game's not on. I will not agree to do that."

The Crown Corporations Public Ownership Act sets conditions for the sale of protected Crown assets. Those conditions include public consultations and a minimum 90-day window after the next provincial election.

Premier Brad Wall said Perry Bellegarde, chief of the Federation of Saskatchewan Indian Nations, raised the memorandum on Jan. 21. Wall said the government approved it in principle last week, then went to brief the NDP.

The deal "would be good for the province, good for First Na-

tions," Wall said.

Wall also said that because his Saskatchewan Party campaigned on maintaining the act, it believes it can move forward on changes only with Opposition support — even though it holds 49 of 58 seats in the legislature.

The premier sent a letter to Broten asking for an answer by noon on Tuesday.

Broten said he's open to the Saskatchewan Indian Gaming Authority playing a larger role in the economy, but he questions the rush.

"It should be done in the open," Broten said. "It should have the right scrutiny in the legislature and it should have the right consultation with (the) Saskatchewan public."

The New Democrats said the government has put the sale price at between \$100 million and \$200 million.

THE CANADIAN PRESS

When you Drink the Moo Remember the Sarcan Blue

U.D.R.S. UNIFIED DAIRY RECYCLING SYSTEMS

SARCAN RECYCLING A DIVISION OF SARC

proud to support TeleMiracle KINEMAN FOUNDATION

Rooming house killings

Murder charges for Regina man

A Regina man has been charged with murder in the grisly killings of a couple found dead in a rooming house in Winnipeg last summer.

The bodies of Unice Ophelia Crow, 19, and Trevor James Sinclair, 31, were found in

their suite on the morning of Sept. 4, 2013.

Both victims had been stabbed multiple times.

Regina police found Jeffrey James Kionke, 44, on Feb. 5 following a warrant issued for his arrest. Police have returned Kionke to Winnipeg, where he faces two counts of second-degree murder.

Kionke lived at the same rooming house as Crow and Sinclair at the time of the kill-

ings, but had since moved to Regina, said Winnipeg police spokesman Const. Eric Hofley.

Hofley didn't say what could have led to the killings, noting that "officers are still investigating and further information is coming to light even as we speak."

Friends and family hadn't seen the couple for nearly a week before they were found dead. Police said they had been killed on Aug. 29. **METRO**

Dafoe

Man killed in Hwy. 16 collision

A man died from his injuries after two vehicles were in an accident Monday morning on Highway 16 near Dafoe, Sask.

Kenny Popowich, 64, passed away in a Regina hospital.

Popowich was travelling eastbound from Wynyard,

Sask., in a four-door car when he collided with a westbound semi tractor-trailer travelling from Winnipeg. **METRO**



A STARs air ambulance responds to a collision on Hwy. 16. CONTRIBUTED

Snowbirds forced to cancel all appearances stateside

Budget cuts. Aerobic team had its number of flying hours cut, but will still perform at scheduled Canadian events

Quoted

"While we love going to the States and while we regret not being able to fulfill being able to go ... it does make sense that we need to aim our priorities at the Canadian audience."

Capt. Thomas Edelson, Snowbirds spokesman

Canada's famed Snowbirds aerobatic team has been forced to cancel all shows in the United States because of budget cuts.

Snowbirds spokesman Capt. Thomas Edelson says the number of flying hours were cut for the squadron, which is based in Moose Jaw, Sask., so the four U.S. shows were cancelled.

"While we love going to the States and while we regret not being able to fulfill being able to go down to the States as we had previously planned, it does make sense that we need to aim our priorities at the Canadian audience," Edelson said on Monday.

Edelson couldn't speculate on whether the Snowbirds

will return to the U.S. next year.

"A lot of these decisions aren't made at the Snowbird level," he said.

"These are made at much higher levels than even the squadron. We take our direction from higher headquarters in Ottawa and, next year, that's where those decisions would again be made."

Herb Gillen, spokesman for the Oregon International Air Show, said organizers received a call from the Snowbirds about 10 days ago to cancel a September show.

"In fact, it had been many years since the Snowbirds had appeared there last, so everybody was very excited to have them," Gillen said from Columbus, Ohio.

"The Snowbirds being removed from the lineup ... that's a pretty big blow. The show right now is sort of in a regrouping phase and trying to determine what's next, what the viability of the show is this year if they don't have a jet team ..."

The Oregon International Air Show has faced this dilemma before. Last year, the United States Navy Blue Angels cancelled all of their 2013 performances because of federal budget issues. The show went on with the Patriots Jet Team, a civilian-owned aerobatic unit, as the headline act.

Edelson said the cuts won't have an impact on the approximately 30 shows planned in Canada.

THE CANADIAN PRESS



The Snowbirds 431 Air Demonstration Squadron performs at the 2013 Canada Remembers Our Heroes Air Show in Saskatoon. **METRO FILE**




Sunshine
for your
lunchtime!

Warm yourself up with one of our lunch selections, each one a totally comforting delight and accompanied by our delicious soup of the day! Try one of our exciting new combinations, like our sumptuous **Veggie burger** or a perfectly reinvented **Panini-crêpe**. Lunch menu available Monday to Friday from 11 a.m.

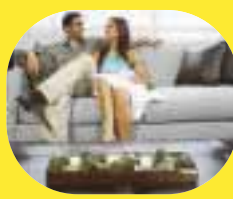
lunch menu
starting at
\$9.25

cora
Breakfast and Lunch

4634 Gordon Rd.
Regina 306 585-2672

**NEED COOL
DESIGN TIPS?**

Read **metrohome**
every Thursday.



Russian icon a hero to one Canadian



Vladislav Tretiak, centre, visits Michael Hunter, left, and his mother, Julie Hunter, at a Moscow hospital in 1987. The Russian hockey hero helped boost the Canadian's spirits after Hunter fell seriously ill during a school field trip to the former Soviet Union. COURTESY MICHAEL HUNTER

Vladislav Tretiak. In 1987, Michael Hunter ended up in a hospital during a school trip to Russia — and then got an unexpected visitor



When Vladislav Tretiak lit the Olympic Cauldron at Friday's Opening Ceremony in Sochi, one Toronto-area man beamed as bright as the flame.

Michael Hunter, a 41-year-old insurance agent living in Bolton, Ont., was visited by the Russian hockey great while in a Moscow hospital 27 years ago.

In 1987, Hunter took part in a school field trip to the Soviet Union. His Crohn's disease — a serious bowel condition — flared up during the flight.

While the roughly 60 other children from Notre Dame Secondary in Bramp-

ton, Ont., and one other school spent 10 days touring Moscow and St. Petersburg, Hunter spent two weeks in the hospital.

"Did I see much of Russia? No, I saw the intersection across from the hospital," Hunter said. "I was numb after the surgery and didn't have a lot of life in me. I didn't know what was happening because no one spoke English."

Fortunately, Hunter's mother, Julie Hunter, was a chaperone on the trip. She was invited for dinner by the Canadian ambassador in Moscow, and when it was mentioned that Hunter was a former hockey goalie, the ambassador said that Tretiak was in town, and offered to invite him to visit the hospital.

"When word got out that Tretiak was coming in, I had reason to get up and something to get excited about," Hunter said. "And it wasn't just me: The entire wing of the hospital was excited. They started asking why this national hero was coming

Star goalie

- Vladislav Tretiak is considered to be one of the greatest goaltenders in the history of hockey.

- He became internationally famous after his performance in the Summit Series against Canada in 1972.

- While he attracted the attention of many NHL teams, it was Montreal that ultimately drafted him in 1983. The Soviet government blocked that move.



Vladislav Tretiak approaches the Olympic cauldron during Friday's opening ceremony in Sochi.

MATT SLOCUM/THE ASSOCIATED PRESS

in to see this sick Canadian guy."

Tretiak arrived with a bouquet of flowers for Hunter's mother and goaltending manuals that he had written for Hunter — all in Russian, of course.

"He stayed for half an hour or so, and we took some pictures. I was very impressed with him. He's a very big guy

and friendly," Hunter said. "I was so thankful that he went out of his way to come see me. I think that he speeded up my recovery time."

Hunter said Tretiak was a good choice to be one of the two people chosen to light the Flame.

"He's a national icon," he said. "You could tell from the reaction of the nurses."

Twitter. Canadian thrust into spotlight thanks to the #problems in #Sochi

Athletes trapped in bathrooms. Hotels still under construction. Clowns wandering the streets.

Alexander Broad is doing his best to document everything wrong and weird at the Winter Games with Twitter's latest satire-of-the-moment account, @SochiProblems.

The Internet sensation, which began Tuesday, had already amassed over 331,000 followers by Sunday. Broad was hoping for at most 30.

"Never in a million years. I made it as a joke. The entire idea of this came as a joke, something to laugh at," said the Pickering, Ont., native of the unexpected spotlight.

The word giant doesn't do Broad's popularity justice — @SochiProblems has more followers than the official Sochi Games or Canadian Olympic team's accounts, and has caught the attention of U.S. media such as the Washington Post, USA Today and ABC.

That's got Broad under pressure to watch the Olympics all the time for ma-

What's your problem?

"From there on it just kind of grew. It's sprouted into this giant thing."

Alexander Broad, creator of @SochiProblems on Twitter, who spilled Tim Hortons coffee on himself (a uniquely Canadian problem) and then went on a search for Sochi problems

terial.

"I think the biggest thing, I feel like it's just like I've got to stay alert to everything a lot more," he says, adding he draws the line at staying up through the night.

Now Broad is wondering if a Twitter account started as a joke should become more.

"The whole idea of this entire account was a satire," he said. "I think that's what a lot of people are calling it. I made the entire thing out of a joke, and I have tweeted things that have ... some political-ish type things."

"But a lot of the things I've tweeted, there's a lot of humour in it as well. So I'm still not entirely sure."

THE CANADIAN PRESS



We're watching you ... ski

A drone camera flies around the slopestyle course during a freestyle skiing slopestyle training session in Sochi. Drones spotted hovering around the Olympic slopes aren't searching for terrorists or protesters, they're being used to transmit live video of snowboard and ski-jump competitions to your TV screen. Drones are increasingly common at sporting events, and these Olympic Games are the highest-profile showcase yet for their broadcasting uses. SERGEI GRITS/THE ASSOCIATED PRESS

IOC. Athletes told they can't honour dead friends while competing in events

IOC is telling Olympic athletes they may not wear armbands or stickers during competition to commemorate the dead.

The Olympic body said Monday it sent a letter to Norwegian Olympic officials after four female cross-country skiers wore black armbands in memory of an athlete's brother, who died on the eve of the Games.

The International Olympic Committee also told freestyle skiers not to wear stickers on their helmets in tribute to Canadian halfpipe skier Sarah Burke, who died after a crash in training two years ago.

"We would say the competitions themselves, which are a place of celebration, are prob-

ably not the right place to really do that," IOC spokesman Mark Adams said. "We would like to keep that separate."

Adams said the IOC has "huge sympathy" for Burke and is willing to help athletes remember her at news conferences or a ceremony — but not at the competition sites.

The IOC has strict rules against protests or propaganda during competitions, outlawing any demonstrations in Olympic venues. The IOC worries that allowing someone to display messages not tied to the Games would encourage others to use the Olympics for their own gain.

THE ASSOCIATED PRESS

Punk-rock parliament?

Pussy Riot members say they may give politics 'a try'

Two members of Russian punk band Pussy Riot say they may run for seats in this year's election for the Moscow city parlia-

ment.

Nadya Tolokonnikova, appearing alongside fellow band member Maria Alyokhina at the Berlin film festival Monday, said politics "is worth a try."

The election will most likely be held in September, although no exact date has been set.

THE ASSOCIATED PRESS

Ford 'didn't want to tell the truth' about drug use

Now showing.

'Everybody in the world has lied,' said the mayor in an online premiere

After months of insisting he had been truthful in the midst of a drug scandal, Toronto's controversial mayor has admitted he lied to the public because he was embarrassed.

Rob Ford made the admission on his own terms, in a YouTube show called Ford Nation posted online Monday.

"Did I experiment with drugs? Yes I have. Why did I lie? I think everybody in the world has lied, because I was embarrassed," Ford said, while looking directly into the camera. "I didn't want to tell the truth. That's the only

answer I can give. That's as straightforward as I can be."

Ford's revelation came in response to a written question from Sandra from Bangkok who wondered why the mayor lied about his "substance abuse problem."

"I'm not a drug addict, I don't use drugs. Have I in the past? Yes," Ford said.

"When they ask me, it's very, very humiliating in front of the world to say yes ... People either lie to cover up, people lie because they're embarrassed, that's why I lied." Ford had been under intense scrutiny since two media outlets reported the existence of a video that they said appeared to show the mayor smoking crack. The mayor initially denied he used the drug and suggested the video didn't exist.

THE CANADIAN PRESS



Frame grab from the premier Ford Nation YouTube show featuring Rob and Doug Ford. YOUTUBE

2015. Laureen to be more up-front next election

The federal Conservatives have plotted a road map to a 2015 election campaign that counts on a massive donor- and voter-targeting effort, a communications onslaught, and a bid to "leverage" the popularity of Laureen Harper, the prime minister's wife, according to documents obtained by Torstar News Service.

The 70-page slide show presentation to the Conservative party's national council last weekend by executive director Dimitri Soudas appears to acknowledge that Prime Minister Stephen Harper has work to do to reach out to Canadians and win their trust to win another government. Under "Tactical Plans/Strategies," it says the party will "connect (the) PM with people," "leverage Mrs. Harper" and launch a Mrs. Harper video. TORSTAR NEWS SERVICE

FREE Health Expo
Love Your Life Change Your Lifestyle!

- ✓ Computerized Health Age Appraisal
- ✓ Lung Test Using Peak Flow Meters
- ✓ Blood Pressure Testing
- ✓ Fresh Raw Juice Samples
- ✓ Take Home Disease Prevention Literature

Wednesday February 12th 6:00 -9:00 pm
Thursday February 13th 6:00 -9:00 pm
Sunday February 16th 12:00 -5:00 pm
Venue: Northgate mall (beside Safeway)

And much more...
All Services Free!

SEVENTH-DAY ADVENTIST CHURCH

Knights of Columbus Archbishop O'Neill Council's
2nd Annual **Claws for a Cause**
Presented by Wappel Construction

claws for a cause

Saturday March 8, 2014 at 6pm
Holy Child Parish Hall

Join us for a full lobster dinner (or substitute a juicy 10oz steak), with all funds raised going to the Knights of Columbus sponsored charities.

Entertainment will be provided by legendary musician Tex Emery, member of four Country Music Hall of Fames!

Tickets purchased before February 15th, 2014 will be entered to win early bird prizes.

TICKETS: \$60 from Gord at 306-789-5532 or clawsforacause@hotmail.com
Save on a table of - 6 for \$330!

NEED A RIDE?
Read metrodrive every Wednesday.

THE GREATEST CLUB SINCE "SANDWICH"

JOIN CLUB METRO TODAY!
CLUBMETRO.COM



Did Flappy Bird fly too close to the sun?

Flap over app. Like Icarus, the game had a fast rise and fall to earth



ELISABETH BRAW
Metro World News in London

Apparently we're all Flappy Bird addicts: When Dong Nguyen, the Vietnamese creator of the popular mobile game, announced that he's removing it from online stores, it became big news. What makes the simple app so popular when other, flashier games are not? Metro spoke with Vili Lehdonvirta, a research fellow at Oxford University's Oxford Internet Institute.

What's the secret behind Flappy Bird's success?

If you look at what's inside the game, the retro visual style borrows from classic games like Super Mario, which invokes nostalgia in the user.

The other important aspect is the fact that it requires skill. Most games no longer ask for such know-how. They're easy to learn, so to get good you just have to play them often enough. Flappy Bird, by contrast, is unforgiving, so success feels meaningful.

But Flappy Bird got a lot of criticism.



Yes, a lot of praise and a lot of criticism. It created controversy (questions have been raised whether bots were used to boost its app chart popularity – ed.), which helped it become a phenomenon. It was like, if you're not playing Flappy Bird, you're missing out. But its success is also down to chance. Even if you followed all these steps, it's not certain that your game would be successful.

Market Minute



DOLLAR
90.46¢
(-0.13¢)

Natural gas: \$4.59 US (-\$0.07)
Dow Jones: 15,801.79 (+ 7.71)



TSX
13,794.18 (+7.68)



OIL
\$100.06 US (+\$0.18)



GOLD
\$1,274.70 US (+\$11.80)



End of the line Down Under

Toyota announced it will stop making cars in Australia by the end of 2017, spelling the end to auto manufacturing in the country, where car companies say high production costs and tough competition have made the business unviable. RICK RYCROFT/THE ASSOCIATED PRESS

Uranium miner

Cameco says 2018 target no longer makes sense

Cameco chief executive Tim Gitzel says it no longer makes sense for the company to keep to its goal of producing 36 million pounds of uranium a year by 2018. Cameco still likes the long-term prospects for the industry, but the near-to-medium-term outlook is too foggy to support that target. THE CANADIAN PRESS

CAREER FINDER

3,000 OSTEOPATHS NEEDED IN CANADA

- become an osteopath in 4 to 8 MTS
- teaching in 65 cities, FT or PT
- \$3,500 in Scholarships
- osteopaths hired at \$30 per hour
- one of top 25 occupations in demand

Nationalacademyofosteopathy.com
1-877-550-6550



FOR ALL THE WAYS YOU KEEP THEM ACTIVE, WE GIVE YOU CREDIT.

Take advantage of the Children's Fitness Tax Credit.

If your children participated in eligible fitness activities last year, you may be able to claim up to \$500 per child. And for each child claimed, you reduce your federal tax payable by up to \$75. Join the millions of Canadians who file online and use direct deposit to get their refund faster.

Find out more at cra.gc.ca/TaxSavings



Canada Revenue Agency

Agence du revenu du Canada



Canada

Contribute before:
MARCH 3

It's about time!



The earlier you start your Saskatchewan Pension Plan, the sooner you'll have more time for all the things you enjoy.

MONTHLY CONTRIBUTIONS	# OF YEARS	AMOUNT INVESTED	AMOUNT EARNED*
\$20/mo.	20	\$4,800	\$7,061
	40	\$9,600	\$60,697
\$50/mo.	20	\$12,000	\$17,652
	40	\$24,000	\$151,743
\$200/mo.	20	\$48,000	\$70,610
	40	\$96,000	\$606,973

Visit our **wealth calculator** at SaskPension.com.

- Make monthly contributions or a lump sum—you choose!
- You can contribute up to \$2,500[†] each year.
- You can even transfer up to \$10,000 to SPP from RRSPs you already have.
- Your contributions are tax deductible.



VISIT **SaskPension.com**
OR CALL **1-800-667-7153**

START NOW!

*Assuming an annual return of 8%.
†Must have available RRSP room.



An RRSP allows you to save money for retirement on a tax deferred basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute. ANDRESR/SHUTTERSTOCK

How to navigate your savings vehicle

YLVA
VAN BUUREN
For Metro

When you get to the real intent of a registered retirement savings plan (RRSP), it really has application for everyone, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

The RRSP is a savings vehicle, first and foremost. It allows you to save money for retirement on a tax deferred basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute.

Here's what tax planners recommend for specific groups in the population.

Younger Canadians

Students today should be saving for retirement, says Dean Owen, a Saskatoon financial adviser with Advocis, The Financial Advisors Association of Canada.

There are fewer and fewer generous pension plans and it's critical to look at RRSPs.

"Especially with the 40-and-under age group, they're not sticking to a job long enough to have a company pension plan anyway."

Self-employed

If a self-employed person is making more than \$40,000, Owen said, they should be looking at RRSPs so they pay less tax as they build their retirement nest egg. If they make less than

\$40,000, a deduction is not going to help significantly.

Pension plan holders

There are investment options with a personal RRSP that you wouldn't have with a company pension plan. Also, a personal RRSP provides more flexibility — if there is an emergency, funds are available.

Special cases

Sometimes RRSP money can be used long before retirement. If someone is going to be off work for a year (doing a master's degree, for example), pulling money out will trigger a tax liability, but tax will be minimized because they are in a low income bracket (they aren't working).

Plan for your future

For the young investor looking to make their first RRSP contribution this year, Dennis Tew, chief financial officer at Franklin Templeton Investments Corp., offers these tips to help make the decision a smart one.

1 Understand risk tolerance. To put it simply, do you prefer growing your RRSP savings steadily over time (lower to medium risk) or are you OK with the pos-

sibility of more investment volatility in the pursuit of larger gains (higher risk)?

2 Diversify across asset classes. Make sure you understand the basics about the main asset classes in which you can invest — bonds don't necessarily mean safe and equities don't necessarily mean risky.

3 Speak with an adviser. Investment advisers have their fingers on the pulse of



Saving a small amount each year can help you build a nest egg for your future. MIRCO VACCA/SHUTTERSTOCK

markets and can help you map out a plan for achieving your retirement goals. They can provide insights that are in line with your investment goals. NEWS CANADA

LOVELY TIME TO NOT DO THIS

I've always thought of Valentine's Day as a mid-range event on my holiday ranking scale. I'd probably place it somewhere above the binge-drinking mess of St. Patrick's Day but not nearly as exciting as Canada Day. I know the whole thing has very little to do with true love and a lot to do with selling expensive gifts but I'm a sucker for candy conversation hearts and cheesy greeting cards nonetheless.

February 14 doesn't have to be the most romantic day of the year, but if you find yourself coupled up this Friday and you'd like to stay that way then you should probably try to put in a little effort. There's still plenty of time to plan something special for your significant other, so here are some guidelines on what not to do this Valentine's Day.

Do nothing. Disappointment abounds during this time of year, especially when people aren't up front about their expectations. You don't have to deliver a dozen overpriced roses



SHE SAYS
Jessica Napier
metronews.ca

or orchestrate a private dinner for two in a candlelit restaurant, but the least you can do is pick up a card and scribble down a few heartfelt sentences. When it comes to matters of the heart, no one ever regrets being over prepared.

Break up with your beau. You'd think this was a pretty obvious V-Day "don't," but according to a recent survey by online dating site AYI.com, 22 per cent of individuals polled said that they had been dumped on Feb. 14. It's hard to believe that so many people possess such poor timing but perhaps it's understandable given all the stress that surrounds this particular holiday. Even so, try to have a heart and wait 24 hours before delivering the

bad news to your soon-to-be ex.

Protest just for the sake of it. We all know Valentine's Day is special because of the person you spend it with and not because of how much money you spend on them. However, restaurant owners, florists and purveyors of gourmet choco-

lates count on this annual event to bring in some cash during an otherwise slow winter season. Rather than self-righteously boycotting the Hallmark holiday, why not show your love by supporting small businesses in your area. Find your sweetheart a unique and thoughtful gift from an independent local retailer and it'll be a win for everybody.

Give in to social media envy. Let's face it, this Friday your various social media newsfeeds are going to blow up with heavily filtered images of bountiful floral bouquets and sickeningly sweet proclamations of love. Some digital sentiments might be touching; the majority will be annoying and may leave you feeling jealous and depressed. Do yourself a favour and step away from the keyboard so that you can focus on your own relationship.

Feel obligated to leave the house. Never underestimate the appeal of a low-key night in. With chilly temperatures outside and season two of House of Cards debuting on Netflix this Friday, a cosy date on the couch is a perfectly lovely (not to mention inexpensive) option. It might not look as impressive on Instagram but nothing says long-term relationship success like sweatpants and takeout Chinese food.

ZOOM

A growing visual culture



COURTESY CASEY GUTTERIDGE/THE BIG BANG UK YOUNG SCIENTISTS AND ENGINEERS FAIR

British actor stars in microbial art

A microbiologist has made a 'self-portrait' of Stephen Fry (from The Hobbit) by using the actor's own bacteria.

Zachary Copfer, from Ohio, holds a master's degree in fine art and a bachelor's in biological sciences, and says he sees this as an exciting way of exploiting the art within science to bring to life a sterile and boring field. **METRO**

Q & A

Newest selfie



ZACHARY COPFER
Microbiologist/
photographer based
in Cincinnati, Ohio.

How did you manage to get the bacteria to 'paint' this?
I received a sample of bacteria taken using a swab from

Stephen's arm. Then I made a negative from a digital photo of him and placed it on a bacteria-laden petri dish. I exposed the plate to ultraviolet radiation, killing any microbes in certain parts of the dish. This allows others to grow in areas where the negative is. I then placed it in an incubator for two days to

let the culture grow. Sometimes it can take four or five tries to get the bacteria to grow where you want it to.

What is the artistic meaning behind your work?

It touches upon the concept of an artwork's ownership, what can be regarded as the ultimate selfie.

Clickbait



IRENE KUAN
Metro Online

Organizing your own work projects is hard enough, but try adding multiple people into an assignment. This can be a big headache if organization is a challenge for you. Here are some online tools to help track project collaborations.

Asana :

Manage your teamwork without email. This free web and mobile application allows you to create projects and put conversations and tasks together. Set due dates, assign your group members tasks and have Asana track and remind them of impending deadlines.

Basecamp:

This web-based project-management tool has been around since 2004 but was revamped in 2012. Basecamp can offer to-do lists, wiki-style web-based

documents, file sharing and a messaging system, to name just some of the functions. The 2012 version of the tool allows users to use their preferred language in projects and messaging.

Pivotal Tracker:

This web tool offers a friendly user experience for team projects, offering the ability for candid conversations to optimize communication and teamwork. Are your work partners in a different time zone? Not a problem! Pivotal Tracker will help everybody stay in sync and projects stay on course.

Twitter



@metropicks asked:
Drones are used in Sochi to capture ski events. If you had a drone, what would you use it for?

@mensaghic: Scope out traffic before rush hour.

@debzv: If I had a drone, I will use it to deliver burritos.

@bcladyo: I would use drones for beer delivery! :)

@sykesoh: to pick up rob ford when he is on a famous stupor

@lisambungay: watching my kids when I leave the room.

@newcybersol: I would have a drone follow our beloved premier Alison Redford. Maybe that would keep her spending in check!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

It's time you level with your significant other: there's no way you're going to watch *The Notebook* on Valentine's Day. And not just this year — you're talking about never again. The same goes for *Love Actually*, *The Vow*, *When Harry Met Sally* or any of the other certified V-Day classics. Here are five choices to make February 14 a little less boring and a little more cinematically stimulating.

ADAM NAYMAN
scene@metronews.ca



Don't Look Now

Nic Roeg's peerlessly creepy thriller about a couple menaced in Venice by witchy sisters and a red-cloaked serial killer was controversial in its day for the seemingly unsimulated sex scenes between stars Donald Sutherland and Julie Christie; look past the scandal, though, and you'll see a tender portrait of lovers brought together — and ultimately torn apart — by grief.

5

Films that aren't *The Notebook*



Friday Night

Claire Denis is a filmmaker who loves filming bodies in motion, and she's never had lovelier choreography than in this sublime 2002 feature, which describes a brief encounter between two strangers: a woman on the verge of moving in with her boyfriend, and a stranger she meets during an epic Parisian traffic jam. *The City of Lights* has rarely looked so sumptuous, and the film's tone is so intimate that you may feel like you're intruding.



Mulholland Drive

This is one of the most mysterious movies ever made, but its cryptic plot and bizarre imagery can't obscure the sweetness of the scenes between Naomi Watts and Laura Elena Harring as amateur sleuths who gradually fall in love with one another. Their blonde-brunette/Betty-Veronica dynamic is framed playfully, yet there's also real passion there.



A Perfect Getaway

Don't let the B-movie packaging and cast (Steve Zahn, Milla Jovovich) fool you; this underrated 2009 thriller about two couples honeymooning in Hawaii is romantic at heart. The relationship between redneck tourists Timothy Olyphant and Kiele Sanchez is adorable, even if the movie keeps floating the possibility they're also serial killers.



Sightseers

Vacationing psychopaths are also the subject of this demented British import, in which a sheltered Englishwoman (Alice Lowe) discovers that her new boyfriend (Nick Oram) has some worrisome hobbies. Ben Wheatley's pitch-black comedy is not for the faint of heart, but it's a brilliant deconstruction of romantic comedy tropes.

When you Drink the Moo
Remember the Sarcan Blue

U.D.R.S.
UNIFIED DAIRY RECYCLING SYSTEMS

SARCAN
RECYCLING
A DIVISION OF SARC

proud to
support

KINDHEM KINETIC
Tele
Miracle
KINDHEM FOUNDATION





Chris Kattan

Former SNL star Kattan arrested on suspicion of drunken driving in L.A.

Authorities say former Saturday Night Live star Chris Kattan has been arrested on suspicion of drunken driving after his Mercedes struck a Department of Transportation vehicle on a Southern California freeway.

The California Highway Patrol says the Mercedes was seen weaving in and out of lanes shortly before 2 a.m. Monday on the 101 freeway in Los Angeles. The CHP says Kattan drove into a DOT

vehicle that belonged to a crew conducting maintenance on a guardrail. No injuries are reported. The 43-year-old Kattan was jailed on suspicion of DUI.

Kattan, who was on SNL from 1996 to 2003, was best known for the character Mango. He also starred alongside Will Ferrell in the 1998 film *A Night at the Roxbury*. A call to Kattan's agent wasn't immediately returned.

THE ASSOCIATED PRESS

Twitter



@rustyrocks

In Berlin tonight joking about Hitler.



@SteveCarell

So far this year I have had Olympic Fever, World Series Strep Throat, and Superbowl Diarrhea.



@BRUCKHEIMERJB

Had dinner with President Jimmy Carter last week. Great humanitarian and one of the nicest people I've ever met. Hope to share a pic soon.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



'Judge away,' says Stewart as she tries to find herself

Kristen Stewart reveals to Marie Claire magazine that instead of throwing herself into film work following her breakup with Robert Pattinson, she spent most of 2013 taking road trips with friends, working on her poetry and discovering things about herself — like the fact that she doesn't necessarily have a romantic

type. "You don't know who you will fall in love with. You just don't. You don't control it," she says.

Another thing she's learned? It's OK to not be good at being a celebrity. "I'm just not very good on TV, and it's not my main goal in life to get good at it," she admits. "People are like, 'She just can't handle' — for lack of a better word — 'the spotlight.' No, actually, I can't, and that is totally who I am." And Stewart has definitely learned how to handle her critics: "I stand by every mistake I've ever made, so judge away," she says.



Jared Leto ALL PHOTOS GETTY IMAGES

Got the munchies? Leto will be supplying the Oscars snacks

Jared Leto says there's only one thing that gets him through the endless film awards season: A packed lunch. The 42-year-old has already won a Screen Actor's Guild Award and a Golden Globe for his performance as the transgendered Rayon in *Dallas Buyers Club* and he is nominated for an Academy Award. He says award shows "last for sometimes hours and hours and

hours." Actors and directors "do red carpet in the afternoon and you end up leaving late in the evening. I like to eat really healthy, so I bring little snacks." At the Golden Globes, Leto says he got plenty of ribbing for his snacks but within minutes, "Reese Witherspoon, Jennifer Garner, Matthew (McConaughey), everyone is reaching into my bag!"

THE ASSOCIATED PRESS

Sarandon getting close with business partner

Susan Sarandon and her business partner Jonathan Bricklin, 36, have been rumoured to be enjoying a much more intimate partnership for some time, and now it seems Sarandon to be hinting that the rumours are true. "Jonathan and I collaborate on different things. That means a lot of things," she coyly tells AARP The Magazine in its latest issue. When asked by the magazine if those things include romance, Sarandon responds, "Yeah, I think



Susan Sarandon

so." Sarandon and Bricklin are co-investors in NYC ping pong bar Spin.

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997*

Notice is hereby given that 101199879 Saskatchewan Ltd.

(Name of applicant: individual/corporation, etc.)

has applied to the Liquor and Gaming Authority for a Restaurant

(Tavern/Restaurant/Special Use/Manufacturer)

Permit to sell alcohol in premises known as Bombay Restaurant

(Name of establishment)

at 2143 Albert Street Regina, SK for which the following is a correct legal description:

(Civic address ie. street/town)

(Describe accurately the location of the premises including lot, block and plan number and civic/street address)

Lot 11 Block / Parcel 404 Plan No. OLD 33 Extension 0

2143 Albert St. City of Regina, SK

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:

Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

3
LIFE

Confidently leave the (home-workout) nest

Transition. Joining a gym for the first time can be intimidating, but it doesn't have to be

IZABELA SZYDLO
life@metronews.ca

I had convinced myself that I hated the gym before I ever set foot in one. The truth is, I was intimidated.

Instead, I started working out at home using dumbbells for resistance, a skipping rope for cardio and gym rat friends for advice. A year and 20 lost pounds later, I was ready to make the transition to a gym. But, despite having more fitness knowledge, I still felt apprehensive.

Venessa Coda, a Toronto-based personal trainer and licensed Zumba instructor with several martial arts under her belt, answered some of my concerns and put my gym fears to rest.

Should I be trying to burn fat and tone at the same time?

Fat burning and toning are two different things, but should be done together to get ultimate results. While you can target certain muscles to tone, you cannot target where you want to burn fat. To burn fat, you need to eat clean, and do cardiovascular and weight training. I would recommend a body fat test. It is a much better indicator of health than body mass index, which is simply a ratio of weight divided by height squared and does not take into account what our bodies are actually made of —



Personal trainer Venessa Coda instructs Izabela Szydlo on how to do a wall sit. LIZBEDDALL.COM

specifically lean body mass like muscle, bone and water versus fat. Make sure you understand the instructions before taking one of these tests, as not doing so can result in an inaccurate reading.

What is the difference between machines and free weights?

The most important component in any strength training program is safety. If you are new to strength training or if you are working out alone, machines are your best bet. They provide a more controlled motion and isolate certain muscle groups. Free weights promote quicker strength gains and allow more variations in range of motion, but they require

Quoted

"You want to create a lifestyle change that will last as long as you can stay active. Be consistent, eat clean and keep setting goals for yourself."

Venessa Coda, personal trainer and licensed Zumba instructor

more balance and coordination. As a beginner, you should set up a fitness test and a gym walk-through with a professional who can show you how the machines work. Once you get more comfortable with the machines, slowly start to add a few free weight exercises.

Eventually, you want to incorporate both machines and free weights into your routine.

Some say that it is better to work out in the morning. Is there a specific time I should be hitting the gym?

Take into consideration what goes on in your day-to-day life and resolve to give yourself at least three hours a week in the gym. That equals three workouts a week. Then look at your days and see which days you tend to have a little more time. You have to be real with yourself and pick the time of day you know you will make it to the gym. Consistency is key if you want to see results. This is why it is super important to set a very realistic goal.

For your phone

Boston Marathon World Run (iPad, iPhone, Android; free)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

You can join the Boston Marathon no matter where you are by sharing your personal runs and pledges while following stories from global ambassadors as they prepare for April's race.



Is hiring a personal trainer a must?

Hiring a personal trainer is not a must but is a good idea if your budget allows it — even if it's just a few sessions to get you started on a program that is designed specifically for your needs and goals. Benefits to having a live trainer are: motivation, efficiency, improvement of technique and skills, and help with creating a fun workout. But remember, you are in control of your bank account. Do not be pressured into getting a trainer if you can't afford it. There are online resources that can help you through your workouts. Make sure you are using a reputable website, and paying close attention to instruction and watching technique closely.

**Catch up on the news
before your next stop.**



Now available on Regina Transit.



Make all your dates sweeter

Sweet Week. Metro is getting in the mood with a different V-Day treat every day — and this one happens to be healthy, too

THERESA ALBERT

myfriendinfood.com

I had the distinct pleasure of going to Bard Valley, Ariz., where Medjool dates are grown. I went 50 feet up a palm tree, picked one off the cluster and ate it. Pretty cool experience.

Medjool dates are dried right on the tree; no further

Ingredients

- 12 Natural Delights Medjool Dates, pitted
- 12 pecan halves
- 5 oz (150 g) dark chocolate (70%), chopped
- 2.5 oz (75 mL) white chocolate, chopped

FLASH FOOD



From your fridge to your table in 30 minutes or less

treating or drying is required. They are wrapped in burlap to control pests rather than sprayed so they are effectively "organic" without the label.

1. Using a small paring knife, cut a slit into each Medjool date and remove the pit. Gently squeeze a date open and stuff the pecan half inside. Repeat with remaining pecan halves and Medjool dates.

2. Using a double boiler, gently melt the chocolate and remove from heat once it's melted. Be sure to keep any moisture, water or even steam away from the chocolate.

3. Using a fork, dredge the stuffed dates through the dark chocolate and place onto a wire cooling-rack. Let cool.

4. Place melted white choco-



TOTAL TIME
20 MINUTES

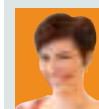
This recipe produces 12 Medjool Date Pecan Chocolate Truffles. COURTESY NATURALDELIGHTS.CA

late into piping bag. Drizzle chocolate decoratively back and forth over chocolate dipped date. Let cool completely before serving. **THERESA ALBERT IS A FOOD**

COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/RECIPE FROM NATURALDELIGHTS.CA

Health Solutions

Replace those crappy gooey chocolates



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Even your friendly neighbourhood nutritionist craves chocolate for Valentine's Day!

I can't and won't eat crappy sugar-filled creamy chocolates — only exquisite dark, antioxidant-filled cocoa will do. But sometimes chewing on a chunk of chocolate isn't all that satisfying and some kind of filling is required. Luckily, there is a simple, healthy solution for my high maintenance sweet style — surround something superb with dark chocolate!

Medjool dates are a shelf stable fresh fruit that is high in nutrients and super sweet, so you only need two to satisfy any craving.

These chewy little treats are packed with potassium and fibre but are miraculously low on the glycemic index, given how sweet they taste.

The uptake of sugar within your body is slowed by fibre, nutrients and fat and that matters to everyone, not just those with diabetes. Keeping the blood sugar even keeps a steady flow of glucose to the brain and an even call of insulin from the pancreas, thereby forestalling two syndromes that are rife in North America: metabolic syndrome in both the brain and the body.

Dipping Medjools in melted dark chocolate couldn't be easier. And the best way to win a healthy heart, yours or your lover's, is to care for it every day — including Valentine's.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Easy to make and so sinful

1. Chocolate Pudding: In heat-proof bowl, whisk sugar, cocoa and cornstarch. Whisk in 1 cup (250 mL) of milk and egg yolks until a smooth paste; set aside.

2. In saucepan, combine remaining milk and cream; heat over medium heat until just steaming and bubbles form around edge, stirring occasionally.

3. In a thin steady stream, gradually whisk hot cream into chocolate paste. Gradually whisk back into saucepan and cook, stirring gently for 8 minutes or until mix coats the back of a spoon. Remove from heat; stir in vanilla. Gradually stir in chocolate until melted and smooth. Pour into dessert bowls; place plastic wrap directly on surface. Cool and refrigerate until chilled, about 2 hours.

4. Chantilly Cream: In old mixing bowl, whip cream for 1



This Chocolate Pudding with Chantilly Cream recipe serves six. DAIRYGODNESS.CA

minute. Add sugar and whip until soft peaks form.

5. To serve, top pudding with seasonal berries and scoop of cream. DAIRYGODNESS.CA

Ingredients

Chocolate Pudding

- 1/2 cup (125 mL) granulated sugar
- 6 tbsp (90 mL) unsweetened cocoa powder
- 2 1/2 tbsp (37 mL) cornstarch
- 1 1/2 cups (375 mL) 2% milk,

divided

- 3 egg yolks
- 1 1/2 cups (375 mL) 35% whipping cream
- 1 tsp (5 mL) vanilla
- 5 oz (150 g) dark chocolate (65 to 70% cacao), chopped

Seasonal berries

- Chantilly Cream**
- 1/2 cup (125 mL) 35% whipping cream
- 1 tbsp (15 mL) brown sugar



Reading does so much for our kids. Join us in doing something for reading at nationalreadingcampaign.ca



Strong Supporters of Literacy





Canada's Alex Bilodeau, gold medallist, and silver medallist Mikael Kingsbury celebrate their men's moguls wins with bronze medallist Alexandr Smyshlyaev of Russia at the Sochi Olympics in Krasnaya Polyana, Russia, Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

Canucks repeat one-two punch



Freestyle skiing.

Bilodeau defends gold, Kingsbury earns silver to match Montreal sisters' moguls feat

Alex Bilodeau is back atop the Olympic podium and he says he has his teammates to thank for it.

The freestyle skier from Rosemere, Que., defended his gold medal in men's moguls at the Sochi Olympics on Monday, edging his teammates Mikael Kingsbury of Deux-Montagnes, Que., who took silver, and Marc-Antoine Gagnon of Terrebonne, Que., who finished fourth.

Bilodeau, Canada's first gold medallist four years ago in Vancouver, had a flawless final run to earn a score of 26.31.

"It's a great feeling, but I need to first of all thank all

On the cusp

Marc-Antoine Gagnon didn't have any hard feelings after being nudged off the moguls podium by a teammate.

- Gagnon, from Terrebonne, Que., finished fourth at the Sochi Games on Monday with a score of 23.35.

my colleagues," Bilodeau said. "I was the third to go; there were two other Canadians after me. Every day they push me in training and that's why I got my best skiing tonight. That's why I'm the best skier I have ever been right now and the guy that finished second, he is going to win everything after I have gone."

Bilodeau, who is the first moguls skier to defend an Olympic title, received a long celebratory hug from his brother Frederic right after

- He was in third before Mikael Kingsbury of Deux-Montagnes, Que., made a silver-medal-winning run.

- "I'm pretty happy I finished fourth, this is my first Games," said the 22-year-old.

his victory. Bilodeau says Frederic, who has cerebral palsy, is his hero and he dedicated his gold medal in Vancouver to him.

"It was amazing. My brother is my everyday inspiration," he said. "Like I say all the time, if he had the life that I have lived he would be a three-time Olympic champion."

Kingsbury, who has been Bilodeau's main rival on the World Cup circuit this season, had a small stumble in his

Planting a legacy

"The future of freestyle skiing in Canada is not done, there are so many good kids coming up and I am so glad to share a podium with one of them."

Alex Bilodeau on teammate Mikael Kingsbury

final run to finish with 24.71.

Russia's Alexandr Smyshlyaev was third with 24.34.

It's the second 1-2 finish for the Canadian moguls team at these Games after Montreal sisters Justine and Chloe Dufour-Lapointe won gold and silver in the women's competition on Saturday night. Bilodeau is happy with where the program is going.

"I'm glad to finish my last Olympics like this," he said. "It's going to be a great retirement."

THE CANADIAN PRESS

Alpine skiing

Gagnon hopes to fight through pain

Canada's Marie-Michele Gagnon is hoping to continue competing at the Sochi Olympics, despite dislocating her shoulder in a fall during the slalom run of the women's super combined race Monday.

The skier from Lac-Etchemin, Que., hit a gate and lost control of her skis before crashing into the snow. THE CANADIAN PRESS

Speedskating

Humboldt's Dutton finishes 14th in debut

William Dutton made his Olympic debut with a 14th-place finish in the men's 500-metre long-track speedskating event Monday at the Sochi Games.

The 24-year-old from Humboldt, Sask., had a two-run time of 70.448 seconds, which was 1.13 seconds back of gold-medal winner Michel Mulder of the Netherlands.

Dutton makes two more appearances at the Games, competing in the 1,000 on Wednesday and the 1,500 on Saturday.

THE CANADIAN PRESS

Speedskating

Dutch continue orange crush

An orange wave rolled around Adler Arena once again as the Dutch continued their domination in Olympic long-track speed skating.

After opening the competition with a sweep of the men's 5,000 metres Saturday, the Netherlands did it again Monday by finishing 1-2-3 in the men's 500. In between Irene Wust won another gold Sunday in the women's 3,000.

On Monday it was Double Dutch and then some as 27-year-old twins Michel and Ronald Mulder won gold and bronze and countryman Jan Smeekeens took silver.

THE CANADIAN PRESS



Dutch gold medallist Michel Mulder. GETTY IMAGES

Hamelin on track for more gold



Canada's Charles Hamelin kisses his girlfriend and teammate Marianne St-Gelais after winning gold in the men's 1,500 metre short-track speedskating final at the Sochi Winter Olympics on Monday. PAUL CHIASSON/THE CANADIAN PRESS

Speedskating. The 'Locomotive' chugs to fourth career Olympic medal but expected to return to the podium

Charles Hamelin is a man on a mission.

In what could be the first of several trips to the podium, the star short-track speedskater won a gold medal in the men's 1,500 metres at the Sochi Olympics on Monday.

The native of Ste-Julie, Que., is a medal favourite in his three other events.

"I'm going through the full range of emotions," Hamelin, 29, said after finishing in two minutes 14.985 seconds to edge out Han Tianyu of China. "Of course I want to get back on the podium. But short-track speedskating is not an easy sport."

Hamelin won gold in the 500 metres and the 5,000-metre relay at the 2010 Games in Vancouver, but was seventh in the 1,500.

Going around in ovals

While François Hamelin, Charles' brother, and Michael Gilday of Yellowknife didn't advance to the final Canada's women speedskaters had a better day

- **Qualifying** In the women's 500 preliminaries, Marianne St-Gelais, Jessica Hewitt and Valerie Maltais advanced from heats. The same three, along with Marie-Eve Drolet, advanced in the 3,000-metre relay.

Hamelin, nicknamed "The Locomotive of Sainte-Julie," was virtually unbeatable on the World Cup circuit this season, winning six events.

Viktor Ahn earned the bronze Monday, giving Russia its first-ever short-track medal. J.R. Celski, the 2010 bronze medalist from Federal Way, Wash., finished fourth.

"He (Hamelin) deserves it," Celski said. "He went out there and raced his (rear) off."

As Hamelin entered the final lap in the lead, his girlfriend and teammate Marianne St-Gelais couldn't control her excitement, racing from her seat to the sidelines to give him a congratulatory hug.

With the silver medal he won in the relay event in Turin in 2006, Hamelin now has four Olympic medals. That leaves him one short of former teammates Marc Gagnon and François-Louis Tremblay.

He is also tied with Gagnon for the most gold medals for a Canadian short-track speedskater. If he wins medals in his three remaining events he will become Canada's most decorated Olympian behind long-track speedskater Cindy Klassen and speedskater/cyclist Clara Hughes, who both have six.

He will have chances to win individual gold in the 500 and 1,000 metres and he'll be part of Canada's team in the 5,000 relay. **THE CANADIAN PRESS**

Curling

Jacobs' rink upset by Switzerland

Canada made a stuttering start to the defence of its men's Olympic curling title on Monday, following up a scrappy win over unheralded Germany with a surprise loss to Switzerland on a sobering day for the big gold-medal favourites.

By the end of opening day, Sweden was the only team 2-for-2, with wins in tough matches against the Swiss and Britain.

After becoming the first team in Canada's storied curling history to go through Olympic trials unbeaten, Brad Jacobs' rink was widely seen as the overwhelming favourites for the games.

But Canada was sloppy in beating Germany — arguably the weakest lineup in the 10-team competition — 11-8 in the morning and then was upset 5-4 by Switzerland in the evening.

It doesn't get any easier for the Jacobs and his rink from Sault Ste. Marie, Ont., — their only match on Tuesday is against Sweden in a repeat of the 2013 world championship final. The Swedes won that in Victoria in April.

THE CANADIAN PRESS

Curling. Jones, Canada overcome Russia's roar

They stomped their feet and clapped their hands, and hollered all game long.

But Jennifer Jones and her steely-nerved Canadian teammates played like they couldn't hear them at all.

Amid the din of a deafening Russian crowd that never let up, the Winnipeg skip led Team Canada to a 9-2 victory over China in their opening game of the Sochi Olympics on Monday.

It was both a strong start against a tough opponent for the Canadians, and a great dress-rehearsal for when they eventually play Russia later in the Games.

"You can't really hear very well, but we'll come up with some solutions to that," said Jones, who has hand signals worked out — a hand up means stop sweeping — for when the din of the crowd threatens to drown out her directions.

The curlers struggled to be heard, but it helped that the Canadians were prepared for the crazy atmosphere.

"I don't know that they're a curling-knowledgeable crowd, and I think we saw that in Vancouver (at the Olympics) as well, so it's not really a big surprise," said Canada's second Jill Officer.

Jones and her team built a



Canada's skip Jennifer Jones yells after throwing her rock in Monday's third end against China. NATHAN DENNETTE/THE CANADIAN PRESS

3-0 advantage and then opened the gap by drawing for three in the fifth end to give Canada a 6-1 lead. Canada drew for three more before Bingyu Wang conceded in the seventh end.

"We're pretty proud of that start," Jones said. "It's our first Olympics and we came out and played really well from the first end on against a great team."

The Canadians, who next face Sweden on Tuesday afternoon, had been expecting a tough test against the Canadian-coached Chinese team, the 2009 world champion and 2010 Olympic bronze medalist.

THE CANADIAN PRESS

MEDALS

Nation	G	S	B	Tot.
Canada	3	3	1	7
Netherlands	3	2	2	7
Norway	2	1	4	7
Russian Federation	1	2	3	6
United States of America	2	0	3	5

WHAT CANADA DID

MONDAY

ALPINE SKIING

Women's Super Combined Downhill - Marie-Michèle Gagnon, Lac-Etchemin, Que., 21st (one minute, 45.39 seconds)

Women's Super Combined Slalom - Marie-Michèle Gagnon, Lac-Etchemin, Que., DNF.

BIATHLON

Men's 12.5 km Pursuit - Nathan Smith, Calgary, 11th (34 minutes, 37.7 seconds, +49.1 seconds); Jean-Philippe Le Guellec, Shannon, Que., 26th (35:45.3); Brendan Green, Hay River, N.W.T., 35th (36:21.2)

CURLING

Men's Round Robin Session 1 - Canada 11 Germany 8

Men's Round Robin Session 2 - Switzerland 5 Canada 4

Women's Round Robin Session 1 - Canada 9 China 2

FREESTYLESKIING

Men's Moguls Qualification 1 - x-Alex Bilodeau, Montreal, 1st (24.70 points); x-Mikael Kingsbury, Deux-Montagnes, Que., 2nd (23.81); x-Marc-Antoine Gagnon, Terrebonne, Que., 5th (22.90); x-Philippe Marquis, Quebec City, 6th (22.43).

x-qualified for Final 1

Men's Moguls Final 1 - x-Philippe Marquis, Quebec City, 2nd (24.32); x-Mikael Kingsbury, Deux-Montagnes, Que., 3rd (24.31); x-Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.45); x-Alex Bilodeau, Montreal, 8th (22.49).

x-qualified for Final 2

Men's Moguls Final 2 - x-Mikael Kingsbury, Deux-Montagnes, Que., 1st (24.54); x-Marc-Antoine Gagnon, Terrebonne, Que., 2nd (24.16); x-Alex Bilodeau, Montreal, 3rd (23.89); Philippe Marquis, Quebec City, 9th (22.25).

x-qualified for Final 3

Men's Moguls Final 3 - Alex Bilodeau, Montreal, 1st, **Gold Medal** (26.31); Mikael Kingsbury, Deux-Montagnes, Que., 2nd, **Silver Medal** (24.71); Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.35).

ICE HOCKEY

Women's Preliminary Round (Group A) - Canada 3 Finland 0

LUGE

Women's Singles Run 1 of 4 - Alex Gough, Calgary, 5th (50.464 seconds); Kimberley McRae, Calgary, 6th (50.465); Arianne Jones, Calgary, 13th (50.993)

Women's Singles Run 2 of 4 - Alex Gough, Calgary, 5th (50.402 seconds); Kimberley McRae, Calgary, 6th (50.454); Arianne Jones, Calgary, 15th (50.837)

Overall Ranking - Alex Gough, Calgary, 5th (one minute 40.866 seconds, +1.052 seconds); Kimberley McRae, Calgary, 6th (1:40.919); Arianne Jones, Calgary, 13th (1:41.830)

Runs 3 and 4 on Feb. 11

SHORT TRACK

Men's 1500 m Heats - Race 4 - x-Charles Hamelin, Sainte-Julie, Que., 1st (two minutes 16.903 seconds); **Race 5** - x-Francois Hamelin, Sainte-Julie, Que., 2nd (2:13.935); **Race 6** - x-Michael Gilday, Yellowknife, N.W.T., 1st (2:16.468)

x-qualified for semifinals

Men's 1500 m Semifinals - Race 15 - x-Francois Hamelin, Sainte-Julie, Que., 4th (two minutes 16.473 seconds); **Race 16** - Michael Gilday, Yellowknife, N.W.T., Penalty; **Race 17** - y-Charles Hamelin, Sainte-Julie, Que., 1st (2:14.480)

y-qualified for Final A; x-qualified for Final B

Men's 1500 m Finals - Final A - Charles Hamelin, Sainte-Julie, Que., 1st (2:14.985); **Final B** - Francois Hamelin, Sainte-Julie, Que., 2nd (2:21.592)

Men's 1500m Final Ranking - Charles Hamelin, Sainte-Julie, Que., 1st, **Gold Medal**; Francois Hamelin, Sainte-Julie, Que., 9th; Michael Gilday, Yellowknife, N.W.T., 17th.

Ladies' 500 m Heats - Race 11 - x-Marianne St-Gelais, St-Felicien, Que., 1st (43.729 seconds); **Race 13** - x-Jessica Hewitt, Kamloops, B.C., 2nd (43.447); **Race 14** - x-Valerie Maltais, La Baie, Que., 1st (44.093).

x-qualified for the quarter-finals on Feb. 13

Ladies' 3000 m Relay Semifinals - x-Canada (Marie-Eve Drolet, Chicoutimi, Que.; Jessica Hewitt, Kamloops, B.C.; Valerie Maltais, La Baie, Que.; Marianne St-Gelais, St-Felicien, Que.), 2nd, (four minutes 8.871 seconds).

x-qualified for Final A on Feb. 18

SPEED SKATING

Men's 500 m Race 1 of 2 - Gilmore Junio, Calgary, 11th (35.15 seconds); Jamie Gregg, Edmonton, (35.17); William Dutton, Humboldt, Sask., T-18th (35.278); Muncif Ouadi, Quebec City, 23rd (35.395)

Men's 500 m Race 2 of 2 - Gilmore Junio, Calgary, 7th (35.09 seconds); Jamie Gregg, Edmonton, 8th (35.10); William Dutton, Humboldt, Sask., 11th

(35.17); Muncif Ouadi, Quebec City, 29th, (35.60)

Men's 500 m Final Ranking: Gilmore Junio, Calgary, 10th (70.25 seconds, +0.94 of a second); Jamie Gregg, Edmonton, 11th (70.27); William Dutton, Humboldt, Sask., 14th (70.448); Muncif Ouadi, Quebec City, 25th (70.997).

CURLING

MEN

Monday's results

Britain 7 Russia 4

Sweden 7 Switzerland 5

China 7 Denmark 4

Canada 11 Germany 8

Norway 7 United States 4

Denmark 11 Russia 10

Switzerland 5 **Canada 4**

Sweden 8 Britain 4

Tuesday's games

Canada vs. Sweden, 5 a.m.

United States vs. China, 5 a.m.

Britain vs. Germany, 5 a.m.

Norway vs. Russia, 5 a.m.

WOMEN

Monday's results

Canada 9 China 2

Switzerland 7, United States 4

Sweden 6, Britain 4

Russia 7, Denmark 4

Tuesday, Feb. 11

Switzerland vs. Denmark, 12 a.m.

Sweden vs. **Canada**, 12 a.m.

Russia vs. United States, 12 a.m.

South Korea vs. Japan, 12 a.m.

Britain vs. United States, 10 a.m.

South Korea vs. Switzerland, 10 a.m.

Denmark vs. Japan, 10 a.m.

China vs. Russia, 10 a.m.

HOCKEY

PRELIMINARY ROUND

MEN

Wednesday's games

Czech Republic at Sweden, 12 p.m.

Latvia at Switzerland, 12 p.m.

WOMEN

Monday's results

United States 9 Switzerland 0

Canada 3 Finland 0

Tuesday's games

Germany at Sweden, 5 a.m.

Russia at Japan, 10 a.m.

Women's hockey

Patience guides
Canada past
Finland's hot goalie

The story of Canada's first win in the Olympic women's hockey tournament was the shot-out-of-a-cannon enthusiasm of its rookies. The patience and perseverance of the veterans was the tale of the second.

They'd seen Noora Raty's act before. Finland's goaltender mows down a ton of rubber and can single-handedly keep her country in games against Canada and the United States.

Monday's game was

scoreless deep into the third period and there was the whiff of an upset in the air.

But three-time Olympian Megan Agosta-Marciano broke the tension with a power-play goal at 9:27. Jayna Hefford, playing in her fifth Winter Games, quickly added another and Rebecca Johnston sealed the 3-0 win within a seven-minute span.

Shannon Szabados earned a 14-save shutout, while Raty stopped 39 of 42 shots.

Canada and the United States, both 2-0, secured berths to the semifinals Monday. The rivals finish the round-robin against each other Wednesday.

THE CANADIAN PRESS



Canada's Natalie Spooner shoots the puck wide of the net against Finland goalie Noora Raty on Monday in Sochi, Russia. MATT SLOCUM/THE ASSOCIATED PRESS

Carter rides shotgun with Crosby, Kunitz

Men's hockey. Team Canada holds auditions for right-winger on its top line during first practice in Sochi

Mike Babcock brought his book from the Vancouver Olympics to Sochi and with it the memories of how that tournament unfolded.

"Some guys started on the first line on right wing and ended up not being in the mix and other guys started not being in the mix and ended up being very important," Babcock said.

Memo to Jeff Carter: Things can change quickly. Carter spent Team Canada's first practice as the first-line right-winger alongside Sidney Crosby and Chris Kunitz, but a handful of rushes already gave Babcock

reason to pause and perhaps change his mind before opening the Olympics on Thursday against Norway.

Babcock has Carter there because he's a shooter and wants him to shoot.

"After watching him pass it back today, I didn't know for sure," Canada's coach said. "You can't pass to the net, you've got to shoot to the net. Carter shoots the puck when he gets it in L.A., we expect him to shoot the puck when he gets it here. If he's giving it back to Sid, he can't play with him."

The coveted spot as Crosby's right-hand man has been the subject of much speculation over the past several months, dating to Olympic orientation camp in Calgary in August. Steven Stamkos getting injured and then being ruled out eliminated what looked like the most logical option.

THE CANADIAN PRESS



Who will play on the wings alongside Sidney Crosby? The captain practised on the same line as Chris Kunitz and Jeff Carter in Sochi on Monday.

NATHAN DENETTE/THE CANADIAN PRESS

NOMINATE SOMEONE TODAY!
Nominations Close February 27

Nominate an inspiring immigrant who has made a positive impact through their newfound life in Canada.

This coveted national award recognizes the achievements and accomplishments of Canadian immigrants.

To Nominate Visit
canadianimmigrant.ca/rbctop25

Michaela Jean
2013 Winner

Greg Thompson
2013 Winner

Alexandra Nechola
2013 Winner

Jon Harewood
2010 Winner



NASCAR. Legendary driver credits Patrick's rise to 'female deal'

NASCAR Hall of Fame driver Richard Petty says Danica Patrick can only win a Sprint Cup Series race "if everybody else stayed home."

The seven-time champion made the comment during a Sunday appearance at the Canadian Motorsports Expo in Toronto, according to the website wheels.ca.

Petty also said Patrick only gets attention because she's a woman, but added that publicity is good for NASCAR.

"If she'd have been a male, nobody would ever know if she'd showed up at a race-track," Petty said, according to the website. "This is a female deal that's driving her. There's nothing wrong with that, because that's good PR for me. More fans come out, people are more interested in it. She has helped to draw attention to the sport, which helps everybody in the sport."

Petty still maintains partial control of Richard Petty Motorsports, which fields cars for Marcos Ambrose and Aric Almirola in the Sprint Cup Series.

Patrick is headed to Daytona International Speedway this week to begin her second full



Former NASCAR driver Richard Petty said Danica Patrick can only win a race "if everybody else stayed home."

TERRY RENNA/THE ASSOCIATED PRESS FILE

Quoted

"If she'd have been a male, nobody would ever know if she'd showed up at a racetrack."

Richard Petty on female NASCAR driver Danica Patrick.

season at NASCAR's top level. She became the first woman a year ago to win the top starting spot for the Daytona 500 and she finished eighth.

THE ASSOCIATED PRESS

CFL

Bell retires in style

Saskatchewan Roughriders fullback Graeme Bell is going out a champ.

Bell is retiring after winning the Grey Cup with the Roughriders in November.

The five-foot-11, 230-pound University of Saskatchewan product appeared in 97 regular-season games over nine CFL seasons.

Bell, 33, signed as a free agent with Winnipeg in 2005 before joining Edmonton in 2009. He was then acquired by Saskatchewan in 2011. THE CANADIAN PRESS

CFL

Ex-Roughrider calls it a career

Long snapper Chris Cvetkovic is retiring from the Winnipeg Blue Bombers after 11 seasons.

Cvetkovic finishes his career with 161 games, 66 special teams tackles and will retire as one of the most recognizable members of the community as a Blue Bomber.

The 36-year-old began his CFL career with the Saskatchewan Roughriders.

THE CANADIAN PRESS

Horoscopes

Aries

March 21 - April 20

No matter how strong your beliefs and opinions may be what happens today and tomorrow will make you question them. That's good.

Taurus

April 21 - May 21

Whatever your ambitions may be right now they will change dramatically over the next few weeks. Whatever happens you must believe that you are more than just a cog in the machine.

Gemini

May 22 - June 21

There is something you have wanted to do for a while but for some reason never got round to starting. What happens over the next few days will encourage you to get back to it.

Cancer

June 22 - July 23

The answer to your money worries will appear soon, so stay calm and act drastically. Sacrifices will have to be made but they won't cause you too much pain, so long as you use your head.

Leo

July 24 - Aug. 23

The planets are encouraging you to go with the flow and let others call the shots for a while. Being a Leo and a natural born leader that may not be easy but sometimes its good to take a back seat for a change.

Virgo

Aug. 24 - Sept. 23

It would be a mistake to take on any new tasks today – in fact Saturn warns it could be disastrous. Far from adding to your workload you should be cutting back on your chores.

Libra

Sept. 24 - Oct. 23

Done argue with people who will always see things differently to you. It takes all sorts to make a world and though that doesn't mean you have to like them it does mean you have to put up with them.

Scorpio

Oct. 24 - Nov. 22

Not everyone is as dynamic as you and you would be wise to bear that thought in mind today, especially when dealing with people who seem indecisive.

Sagittarius

Nov. 23 - Dec. 21

This is an encouraging time for you as your ability to enjoy the simple things in life returns. One sad person may try to bring you down but you don't have to listen.

Capricorn

Dec. 22 - Jan. 20

You may be tempted to do a task the hard way today, simply because you want to impress people in positions of power, but it isn't necessary. What matters is that you can get the job done, not how.

Aquarius

Jan. 21 - Feb. 19

Your head and heart are working well together right now but unfortunately some people you have to deal with are so mixed up their presence in your life is becoming a liability. So get rid of them.

Pisces

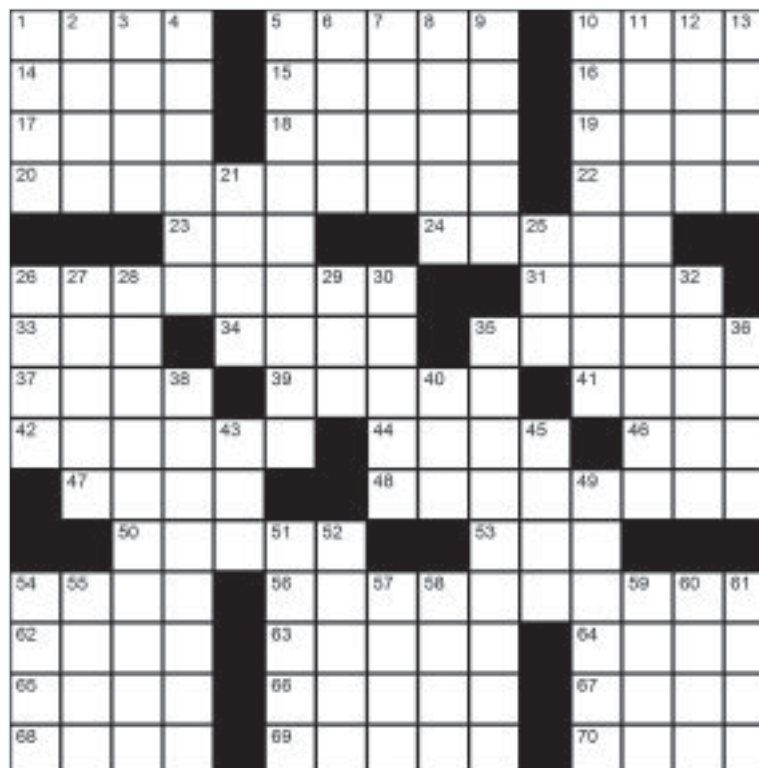
Feb. 20 - March 20

You may be tempted to act first and justify your actions later but if you do it will cost you. Today's Sun-Saturn link warns that the consequences of misguided action could be severe. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- "Get Off" band from Toronto
- Lightweight wood
- __ missile
- Time Machine people
- Hautbois [pl.]
- Drive-__
- 1982 Robin Williams role
- Grumpy
- Ascend
- SOCHI 2014 - Free-style Skiing event
- Wood sorrels
- Ms. Longoria
- Shorthand, shortly
- __ House (Prince Charles' official residence)
- Chilly feeling
- Caesar's 52
- Kinks song
- King Minos, for example
- Pearson postings, puny-ly
- Left-hand page
- Ms. Hayworth
- Green-on-copper
- Spicy cuisine
- Close-mouthed
- "__ it!"
- SOCHI 2014 - Snowboard event
- Lovely parties
- "Faster!"
- Celebrity
- SOCHI 2014 - Winter Olympics sport: 2 wds.
- Polynesian amulet
- Ravi Shankar's instrument
- 1976 mini-series, "Rich Man, __ Man"
- Actor, Chris D'__



Down

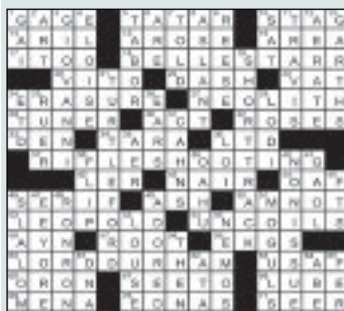
- Ms. Ryan's
- Airline of Israel: 2 wds.
- Actor, Benicio Del __
- Jacket closer
- "Soul __": Quincy Jones composed instrumental which Canadian game show "Definition" used as its theme music
- Border on

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Particular parrot
- Markets
- Not __ (Not so far)
- SOCHI 2014 - Faster - Higher - __
- City in Quebec
- Sky bear
- Things to pay
- Mr. Knievel
- An __ for music
- SOCHI 2014 - Speed skater's footwear, __ skates
- Pre-euro moneys
- SOCHI 2014 - Snowboarding trick, __ - __
- Cavs, on a score-board
- Soil
- Consume: 2 wds.
- Southern Alberta town
- Appoint
- Trans-__ Orchestra
- __ Na Na
- Web
- "Let me know __ in your way."
- Salt's friend
- Composition
- Shave
- Flower part
- Bryan Adams' "18 __ Die"
- Virginia willow
- Pre-Febs
- Whit
- Person, place or thing
- Gumption

Yesterday's Crossword

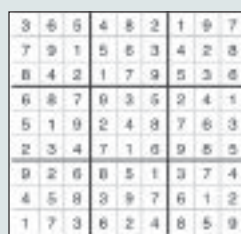


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today -15°/-23° Variable
Wednesday -12°/-22° 5-10cm of snow 90%
Your #1 weather forecast now available in HD.
©The Weather Network 2014

When you Drink the Moo Remember the Sarcan Blue

U.D.R.S. UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN RECYCLING A DIVISION OF SARC
proud to support TeleMiracle KIMBERLY FOUNDATION

proud to
support

KINSMEN KINETTES
**Tele
Miracle**
KINSMEN FOUNDATION

When you Drink the Moo
Remember the Sarcan **Blue**

U·D·R·S
UNIFIED DAIRY RECYCLING SYSTEMS

SARCAN
RECYCLING
A DIVISION OF SARC